Grounding, or earthing, is a real, measurable physical phenomenon involving direct skin contact with the Earth's surface, which carries a negative electric charge. Emerging research suggests this connection allows free electrons to flow into the body, potentially lowering chronic inflammation, improving sleep, and regulating stress by neutralising free radicals. National Institutes of Health (.gov) +4

Key Aspects of Grounding

- **How it Works:** Grounding involves direct contact with conductive surfaces like soil, grass, sand, or water. It can also be done indoors using specialized conductive mats or sheets that connect to an outlet's ground wire.
- **Scientific Evidence:** Multiple studies indicate that grounding causes significant physiological changes, such as improved autonomic nervous system balance, reduced blood viscosity, and improved cortisol levels.
- **Claimed Benefits:** Proponents and some studies suggest it can reduce inflammation, relieve stress, reduce pain, and improve sleep.
- **Scientific Skepticism:** While the physics of electron transfer is real, some physicists note that a lack of grounding does not cause modern illnesses and that the body doesn't necessarily need to be grounded in the way an appliance does. Healthline +4

How to Practice Grounding

- **Walking Barefoot:** Spending time barefoot on grass or sand.
- **Natural Water:** Swimming or walking in oceans or lakes.
- **Grounding Products:** Using grounding mats, patches, or sheets while indoors. Healthline +2

Disclaimer: While generally safe, individuals with chronic medical conditions should consult a healthcare provider before starting. Cleveland Clinic Health Essentials